Romantic story of an undersea boat designed to remain beneath the surface for weeks, with the beautiful daughter of the inventor figuring as the heroine in thrilling situa-

> (Copposite 1916 by E. Alexander Powell) SYNOPSIS OF PRECEDING INSTALMENTS.

Hope is detailed by the Calted States Navel Sengel to investigate and report the investigate of fire States States of proceeding the authorities to a state of proceeding the authorities in Calterin and its molecular by the inventor and his daughter. ere's shore only to find it in finance. (Vigs Ivanuit and Carald Mortan, two appeals search of formula, attempt to capture files when each at the bouse of Mortanshaneke, the Anarchias, a ranke to her sail Mortans should be fine too the foliate too a tought to the cetter which to the property of the collection of the financial decay. Hope and Circ attempt a fine better, the others earning. Hope and Circ attempt a Mrs. Delimark: sizes in the wyont of his house; the orders escape. Hope and Cleo sites of Mrs. Delimark, whose nephre has two of the missing books. Makin, a my, attempts to know, but to discovered by Hope; in the excitament that follows the bucks disappear.

SIXTH EPISODE.

AR clutching at her heart Cleo, followed by Mrs. Delmar and a throng of terrified guests, burst into the conservatory through whose roof Hope and his masked assailant had plunged in their mad struggle. The young officer, begrimed and dishevelled, was supporting himself against a column. His clothes were in tatters and from an ugly gash in his head trickled a scarlet rivulet. His adversary had disappeared.

"He got away," he croaked. "I couldn't hold him. He broke loose and Farallon and the Southeast Farallon. "Couldn't you find anything was ready to cast off. Then came the answer. "A feller and a girl ran fhrough that door into the garden."

"Oh, my dear, my dear, I thought that you had been killed!" oried Cleo. seet bysterical with mingled anxiety and relief. "Are you hurt badly,

"It's only a scratch," said Hope weakly, dropping into a chair which some one hastily brought.

"I'm going to send you home in my limousine," said Mrs. Delmar. "It will be more comfortable than a taxleab. And I can never thank you enough, Mr. Hope, for your bravery in grappling with that burglar. If it

sez I to myself, thinkin' I'd slip out

bindings. They may be the very

books what has the secret o' the submarine hidden in 'em. Who knows?'

room and grabbed 'em and skipped

During this amazing recital Hope

"Your health is more important

"The next name on the list is Ar-

sadn't been for you he would have robbed the house," "There is nothing to thank me for, Mrs. Delmar," said Hope. "Any man with a drop of red blood in him would have done the same. I'm only sorry

that the fellow got away." "By the way," he added, turning to time to see the lootenant a-rollin' "we mustn't forget about the down the companionway all tangled

"I'll run up and get them," said on. You wus a follerin' 'em down, "I know just where they are. Miss Cleo, screamin' to beat the band. They are lying on the table in the Next thing I knowed, the two of 'am study. We were looking at them rolled kersmash through the front when we heard the man sneeze be- winder. 'It's time to get out o' here,' hind the curtain."

"Why, Jarvis," she exclaimed breathlessly, "the books are gone!" Good Lord," graned Hope, "some me has got ahead of us again."

res after midnight when Hope ad Cleo renobed their hotel, so that it was with some surprise that they found Hook awaiting them. Under his arm was a package wrapped in

"Come over here," he whispered sex I, and as everyone had run below mysteriously. "I've got a surprise to see the fight, I slipped into the

Leading the way into one of the down the after companionway hidin eption rooms which was deserted 'em under my jacket. By that time at that hour of the night, he closed every one in the kitchen had run to the door behind them and boiled it, the front o' the house to see the light, Then, while Hope and Cleo watched so no one seen me go out. I hurried suriously he laid on the table round to the front, thinkin' the looparcel which he carried, broke tenant might 've been hurt in the the string and unwrapped the paper, acrap, and pecked into that glass ore them lay the missing books! place where the flowers are. There

"Great beavens, man, where did was a crowd round him and as he get them? We thought they was a sittin' up talkin' I made up my gone for good." Hope almost mind he couldn't be hurt very bad, housed in his excitement, while Cleo, so I lighted out for the hotel with throwing both arms about the old the books, knowin' that you'd be glad neck, implanted a kiss on to see 'em."

e even of 1 do say so," ad- through the volumes thus miraou-

Weel, Miss Clee," said the old seawith great deliberation, "this mula in either of these books." sere was the way it happened. After It was late the next morning when Third and Market to get a plug o' the episode at the Delmar reception, and especially "chinning the bar." terbaccer, when in comes a feller in but at sight of him she shook her a dress suit, with a overcoat over it, finger reprovingly. and asked the clerk which was the car he should take for Ocean View bed, sir," she chided. the British Consul's. That made me Well as ever," he answered, "and kindo prick up my ears, and when he when I've had breakfast the headturned around I got a good look at him. By the living Jingo, of it warn't ed. "we mustn't lose any time in chin touches the limb of the tree bethat feller called Mahlin—the same
that I seen over to Valdavia one day
while back a talkin' to Satsuma.

We know there are others after the body several times in the manner them beside ourselves, and we know the body. while back a talkin' to Satsuma. 'Oh, ho!' sez ! to myself, 'there's some their feet, either. We must act hanky-panky a gotn' on. What quickly." might you be going to the British Consul's for? So when he boarded than all the books and formulas in a street car I stepped aboard too and the world," said Cleo, "but I suppose atood on the rear platform so's he there's no use in arguing with you. wouldn't see me. When he got off at You always have things your way the Consul's house I got off too and in the end. Who is the next person follored him until he went into the for us to see?" back gate. I hung round a while and then, boid's brass, I walked into the thur Fitzmaurice, and his address is petite, and anything bordering on kitchen, figurin' that of any one given as the Commercial Hotel, here significant fatigue or strain must be said one what I wur doin' there I'd in the city. I have just telephoned omitted. tell 'em that I had a message for the the hotel, however, and learn that he leotenant. But every one was busy, left a few days ago for the Farallons.

labalon I ever listened to. "It sounded like an anchor chain upon them, in the Pacific, about thirty runnin' through a hawse nois. Wim- miles due west of the Golden Gate. min wux a screamin' and men a There are several islands in the

mouths' and hell seem'd to 've broke group: the North Farallen, the Middle



THE BOOKS DO NOT REVEAL THE BECRET.

There's a lighthouse on the southern larger?" asked Hope. island and a Government radio station on the Middle Farallon. I im- 60-footer, tied up at the same wharf, dle island."

We will have to take a launch."

was the answer. "There are no boats running regularly to the Islands, and loose generally. I run forrad just in boat. Here he is now," he added, as this fellow Fitzmaurice." up with a feller with a black mask the one-armed sailor appeared in the doorway.

you able to get a boat?"

"Yes, sir," said Hook, touching his board shores of the Farallons. the way I come in and see what'd happened to the lootenant. Jest then I happened to look into a room at the top o' the stairs, and, by the Holy Moses, of there warn't two o' your father's books, Miss Cleo, a lyin' on the table. I knowed 'em by the red

"There was a fine big boat, sir, a peared.

"That's too much." said Hope de- he think I've nothing better to do to the end of the wharf." "How do you reach the islands?" cisively. "We'll take the launch; it than to hang around here waiting will do quite well. Tell your man to for htm?" be ready to start at 2 o'clock."

I find that the Government tender away?" he asked, turning to Cleo, ago heading for one of those saloons won't go out again until next week. "I'll try to get back some time to- over on East Street. I'll send a boy So I've sent Hook down to the water- night, but it all depends, of course, after him if you wish, sir." front to see if he can hire a power upon how long it takes me to find

"But I'm going with you," said Morrissey was quite right in his Cleo in surprise.

which awaited them off the rock- he would have time for a glass of forelock, man-o'-war fashion. "I've The launch which Hook had en- could be effected, had slipped away found a good, stout little power boat gaged lay at one end of the piers on a brief visit to the nearest saloon. -not very big, she ain't, but she's which jut out into the harbor from But leaning over the polished bar

"I guess he's gone to get a drink, "Aye, aye, sir," said Hook saluting. sir," said Morrissey, touching his cap. "Can you amuse yourself while I'm "I saw him about twenty minutes

"No," replied Hope, "we'll go without him."

surmise; Hook, who was the posses-"Well, Hook?" he inquired, "were Little did Hope forsee the perils gor of a chronic thirst, confident that beer before the repairs to the engine built and seaworthy and I'd San Francisco's waterfront like the were some seafaring acquaintances, cross to China in her. Morrissey, teeth of a gigantic comb. Though and, in their congenial company, the the feiler what owns her, used to be Morrissey, the owner-captain, had single drink that he had promised an old shipmats o' mine. He says been told to be ready to start by 2 himself became two, and the two he'll take us out to the Farallons for o'clock, owing to some engine trouble grew into half a dozen, so that it was considerably past 3 before he nearly an hour had elapsed before,

Beauty and Health Lessons for the Summer

Spirits of camphor after the bath. Is this the proper method to pursue?

Do not use any cold cream on blackheads and press them out with the commedone extractor, to prevent scar. Use a good soap, hot water and then cold. Follow this with a little alcohol and witch harel, equal parts. Yes, you should roll each way and about twenty-five times each way is sufficient. Ice cream is fattening no matter when eaten, but after you have started to reduce you may take a little of it occasionally, as it is not so much what you eat as the amount.

Morton and his companions had strolled to the far end of the pier, where they stood deep in conversation; Capt. Coleman was busy getten extended to pursue?

No not use any cold cream on blackheads and press them out with the commedone extractor, to prevent scar. Use a good soap, hot water and then watchman had gone across the street to get the crew; so that no one saw the one armed sallor when about twenty-five times each way is sufficient. Ice cream is fattening no matter when eaten, but after you have started to reduce you may take a little of it occasionally, as it is not conceal himself, Hook discovered, the formal of the pier.

Morton and his companions had strolled to the far end of the pier, where they stood deep in conversation; Capt. Coleman was busy getting supplies from the storehouse; Yes, you should roll each way is about twenty-five times each way is sufficient. Ice cream is fattening no matter when eaten, but after you have started to reduce you may take a little of it occasionally, as it is not conceal himself, Hook discovered, the formation of the pier. to conceal himself, Hook discovered, so much what you cat as the amount. You should weigh 123-130 pounds, bust 36, waist 25.5, hips 37, thighs 22, calf 13.6, ankle 8. It is better to take no bread at all while reducing, but if you must have it take as little as possible and always dark bread Gluten is most nourishing and least fattening of all breads. Hot baths are better than warm ones for the obses and should be taken at night and followed by a camphor rub to the fatty parts. Go to bed at once to

> WARTS—MRS. EDITH G. writes:
> "Of late small warts have begun to appear on my hands. What causes them, and what will remove them?"
>
> No one seems to know what causes warts. There are many ways of removing them. One is the electric needle. A home remedy is as follows: The a piece of heavy white sewing silk around the base of the wart and thereby cut off the supply of blood, on which the wart feeds. This will cause it to die and fall off.
>
> This will cause it to die and fall off. WARTS-MRS. EDITH G. writes:

WANTS TO GAIN WEIGHT-M. face and chest and increase my

Since you are under the care of a doctor I do not feel at liberty to ad-vise you. However, if he will not let you exercise, you can take the deep breathing and stretching ones which have been shown for elderly women and those who are not robust. Raw

sults. What should I use in place of soap? Do you think that the vigorous rubbing I give my hair nightly can be the cause of it becoming so very only again soon after washing

Use a good cleansing cream instead

(From the Datroit Free Press.)
"Do you get much fun out of life?"
"Yes, indeed, there's always somenody to laugh at, and if there isn't I
can fall back on the many fool things
I do myself and that keeps me from
moping." HIS OWN ENTERTAINER.

growing smaller as it headed for the Golden Gate and the open sea. The unceremonious fashion in sobered Hook completely, and it was a dejected and very shoepish old seaman who turned his steps in the direction of the city.

testing companions, he made his way, a triffe unsteadily, back to the pler.

Hat the launch, instead of being tied

up slongside, where he had left her,

was now a small black speck on the

waters of San Francisco Hay, rapidly

But it was destined that he should so to the Farollons after all, though in a fashion which he had not anticipated, for, just as he was leaving the pler a taxicab drew up and deposited three passengers One of them Hook instantly recognized as Geraid Morton, but the man and woman who accompanied him he did not recall having seen before. At sight of them the Farallons They "It's none of my business," later-rupted the keeper, "but you'll be taking a big chance if you try to cross to Middle Island to-night. It's a dangerous channel, even in the day time, and it'll be dark in another ten minutes, and it'll be dark in another ten minutes. There's a big sea running allow, seepped behind a pile of lumber, so that he was enabled to overhear Morton's conversation with the pler watchman without himse!"

Little did either of the two parties

**About six miles."

"Well," said Hope, turning to Cleo, "the only thing for us to do, it seems, is to keep on to the other islands."

"It's none of my business," interrupted the keeper, "but you'll be taking a big chance if you try to cross to Middle Island to-night. It's a dangerous channel, even in the day time, and it'll be dark in another ten minutes. There's a big sea running allow, the wind's rising."

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another hitch. Hook had disap- hired it for the trip only about half What Olga had learned of the move- them as they turned back to the boat, peared.

"Now where the death has be some might take you over in his blat boat employees of Sextus Mahlin had sur- and the other island. Keep this light "Now, where the devil has he gone might take you over in his big boat espionage of Sextus, Mahlin had surtion on the Middle Farallon. I im- 50-footer, tied up at the same wharf, agine, therefore, that Fitzmaurice is but her skipper wanted \$50 for the making his headquarters on the mid- trip."

Now, where the devil has he gone might take you over in his big boat espionage of Sextus, Mahlin had surastern of you all the time. If you'get agine, therefore, that Fitzmaurice is but her skipper wanted \$50 for the course making his headquarters on the mid- trip."

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Morton and the woman approached Morton and the woman approached almost the first thing he did was to had spent ashore, had greatly risen, the man designated as Capt. Cole- consult the copy of the list which and as they rounded the point it man, while Hook, from the shelter of Satsuma had obtained from Dawson. man, while Hook, from the shelter of Satsuma had obtained from Dawson. his lumber pile, watched from afar The next name, he found, was that ness which nearly capsized the little their conversation. It evidently re- of Arthur Fitzmaurice and his ad- launch. But it was too late to turn suited satisfactorily to all concerned, dress was given as the Commercial back. To attempt to go about in the for Coleman came hurrying up to the Hotel.

"Just run over to Jerry's place, will you, Bill," he called to the watchman, "and see if you can find my two firemen, Hennessy and Dil-You'll probably find them in the back room playing cards. Tell them to hustle right down to the boat, as we're leaving right away for the islands."

"So Mister Morton and his friend: is goin' to the islands too, eh?" said Hook to himself. "I think I'll jest slip aboard, unbeknownst to 'em, and go along. I'd like damned well to put a spoke in the wheel of that son of a seacook Morton."

Morton and his companions had

fatty parts. Go to bed at once to prevent taking cold, as this treatment opens all of the pores of the body. Which he improvised from fices and other places where seafaring "You're not alone here are you?" some blankets and tarpaulins, he took a long pull at a flat black bot-

tonishment was increased when they H. writes: "I am very thin and hol-low chested and am 5 feet 6 inches Cleo. But Olga did not believe in tall and weigh but 116 pounds. I am taking anything for granted. No advised by the doctor not to exercise, but Just to rest, but I wish to fill out

clieo. But Olga did not believe in taking anything for granted. No sooner did she reach her apartment in the Portola Arms than, lespite the lateness of the hour, she sent for Sextus and related to him the exciting events of the evening. "I'm preticing events of the evening." I'm preticing events of the evening. "I'm preticing events of the evening." I'm preticing events of the evening." I'm preticing events of the evening. "I'm preticing events of the evening." I'm preticing events of the evening. "I'm preticing events of the evening." I'm preticing events of the evening. "I'm preticing events of the evening." I'm preticing events of the evening. "I'm preticing events of the evening." I'm preticing events of the evening. "I'm preticing events of the evening." I'm preticing events of the evening. "I'm preticing events of the evening of the security of eggs and milk, cereals, maited milk, I have, but I don't wish to take any grape juice and olive oil are all fattening foods. Cocoa butter is the best to massage in the thin neck and flat breast.

I have, but I don't wish to take any chances. I want you to watch them closely for the next few days, Sextus, and to keep me; rmed of anything washing my skin in soap it becomes very dry and the skin peels off. I have tried every kind of soap immagnable but without any better return to take a room there, for neither of them know you. If they go out follows:

cause it would mean letting them out ands."

The following morning, from his table in the breakfast room of the hotel where Hope and Cleo were staying, Bextus witnessed, without, however, being able to overhear, their conversation with Hook; when after Island?"

that he is over here charting the island, want to be carried in the scarce of them and the morning for Middle Island," was the answer. At that moment, from somewhere to the castward of them, a sudden for minated, for a brief moment, angry in sea and inky sky, and to their ears sea, an instant later, a crash like an exploding powder mill. The Sea explosion of the sea of the castward of them, a sudden minated, for a brief moment, angry their food better than he does mine, and in the powder of the sudden minated. The sea explosion of the sea of the castward of them, a sudden minated, for a brief moment, angry their food better than he does mine, and the sea of the castward of them. The castward of them as sudden minated, for a brief moment, angry their food better than he does mine, and the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of them as well as the castward of them. The castward of conversation with Hook; when, after Island?" lunch, they departed in a taxicab for the waterfront, he followed them; and from the pier he saw them depart in the launch for the Farallons. Five minutes later, breathless from running, he was talking to Olga over the telephone.

"They've given us the slip," he panted. "They've hired a launch and started for some islands outside the Mighty combers broke over the launch, already partly filled with water. The life-saving beacon was suddenly extinguished. At that moment a flery glow illuminated for a brief moment the angry sea and inky sky. and to their ears came a crash like an exploding powder mill. The Sea Hawk had found the floating mine!

"We wish to take a run out to the Farallons," said Morton. "I understand that launches for the trip can be hired here."

"The only small launch we have that just started for the islands," was the answer. "And how about you, Cleo?"

"Oh, I would much rather go on, Javes," she answered. "I couldn't sleep to-night if I felt that those books were only six miles away. I'm launch was starting for the same not in the least afraid—with you with the answer. "A feller and a girl boatman.

"The only small launch we have destination. In it were three ment that for the islands," was the answer. "Oh, I would much rather go on, Javes, and how about you, Cleo?"

"Oh, I would inuch rather go on, Javes, and the sleep to-night if I felt that those books were only six miles away. I'm not in the least afraid—with you with me." The last four words were spoken so softly that only Hope could hear.

ter with Hope, he reached his rooms. As the keeper prophesied, the wind, almost the first thing he did was to even during the few minutes that they suited satisfactorily to all concerned, dress was given as the Commercial

Calling up the hostelry, he learned that Mr. Fitzmaurice had departed.
His forwarding address, so the night clerk informed him, was in care of the local office of the United States Coast Survey. The following morning Mahin called at the coast survey offices, only to learn that Fitzmaurice was at work chartering the Farahons group and that it was uncertain when he would return. It was well into the afternoon, therefore, before he and Satsuma started for the islands in a launch which the latter had hired from a fellow countryman living on the Oakiand side, Before

giri informed him. "He has gone to the Farallons."

As Mahilin hung up the receiver a grim smile flitted across his saturnine face. His surmises had proved corland?"

"That's the name he gave, said the grim smile flitted across his saturnine "And he's gone over to Middle Le-land?"

face. His surmises had proved correct. Hope had acted as he had anticipated.

There were now three craft racing toward the same soal. Well in the lead was the small launch containing Hope and Cleo. Bearing down on a more northerly course was the power boat hired by Mahlin and Satsuma, while somewhere astern pounded the larger craft bearing Morton, Olga and Sextus. Doubtless all three of the

WARNING!

Shipmasters and others navi-gating the waters between the entrance to San Francisco Bay and the Farallon Group are warned to be on the lookout for a floating mine which broke loose from its moorings during experi-ments at Fort Point Torpedo Stadrifted into the channel. The mine, which resembles a large bucy, is painted gray-blue and is marked "U. 8. 11278." Any one sighting it is warned against at-tempting to take it in tow but should immediately notify the chief ordnance officer, Fort Point,

ress was given as the Commercial sea that was now running was but to invite disaster. Their only hope of Calling up the hostelry, he learned safety lay in keeping the boat bow-

living on the Oakland side. Before leaving Mahlin took the precaution of calling up Hope's hotel.

"Lieutenant Hope will not be back home until to-night," the telephone girl informed him. "He has gone to "Has Lieut, Hope here nore looking." "Has Lieut. Hope been here looking for him." hazarded Mahlin. "That's the name be gave," said the keeper.

inquired Mahlin. "I am to-night," was the answer. "I am to-night," was the answer.
"I've got an assistant, but he's been feeling poorly of late so he went over to the city on the tender this morning to see a doctor. . . Now, just make yourselves at home, please. I've got to go up to the light for a few minutes. With such a gale as this blowing we can't take any chances of anything going wrong chances of anything going wrong with the light—there are too many lives dependent on it."

But not on that night, nor for many nights thereafter, did Keeper James Fairweather ascend the winding stairs leading to the great light which, far above them, sent its guarding rays out over the angry waters, for, as he turned to leave the room,

(TO BE CONTINUED.

The Seventh Instalment of THE SECRET OF THE SUBMARINE Will Be Published Monday, July 3

ers of The Evening World.

By Pauline Furlong. Courright, 1916, by The Press Publishing Co. Body Stretching.

"Chinning the bar" is a strenuous exercise, which is illustrated to-day I rection I am something of a de- and Cleo had been anxiously poring uable in the treatment of crooked Hook with evident pride in lously recovered. Now Hope looked spines, weak back, round shoulders and for developing the shoulders, up-"You're a wonder as a slouth, per arms, chest and back muscles.

Glee, bubbling with ouriosity. Hook," he said, wearily tossing the This exercise should not be attempted and pour get the books? Where books on the table. "Burns and ed by any but the robust and those Pinkerton and Sherlock Holmes who have practised and mastered the have nothing on you. But luck is milder forms of stretching exercises m. producing a stab of villainous still against us. We've got to look which have been previously shown for tobacco and slicing off a further. There's no sign of the for- elderly persons and readers who are not very strong.

To-day's exercise is the very best you and the lootenant started for the Hope, looking a trifle pale and with one for adding height to the body, erty I thought I'd hunt up some his head still bandaged, joined Cleo and those who have not yet reached ds o' mine and have a glass or in the breakfast room. She was the age of twenty-four may add sevwith 'em. Waal, I'd dropped perusing with keen enjoyment the eral inches to their height by daily into that organ store at the corner o' sensational newspaper accounts of practice of all stretching exercises.

> To properly perform to-day's exerciae, take your position standing on "You've no business to be out of a box, chair or stool, and grasp the tree limb firmly with both hands. "Barring a headache, I feel as Then kick the support away and twist the body, on the arms, from side

the body.

Remember that this is a very stren-nous exercise and great care must be taken not to overdo it, strain the they won't let any grass grow under

This exercise should be practised a minute or two a half dozen times a day rather than too long once in awhile.

Thin readers must remember that the exercises must be taken as a stimulant for the circulation and ap-They must take only slightly warm

with waiters rushin' in and out, and It seems that he is connected with he and rest of the body, as both as one paid no attension to me, so the Government Coast Survey, so I

"or rocks, rather, for nothing grows p

Letters from Readers.



"Please let me know what is good for in a small flat, I exercise about twenty minutes each day, I bathe in

CHINNING EXERCISE

blackheads. I am doing the rolling exercise to reduce the hips and as my times each way and then go back and roll twenty times the other way. Is this correct? Please also tell me if ice cream taken once in while, say once a week, is fattening? I am 5 feet 3 and weigh 16s dressed. What should I weigh and measure? I am thirty-three years old. I take salts every morning, added to my lemon and hot water. Is that good? What is the proper amount of bread to eat? One 5-cent loaf of rye, graham or pumpernickle does me two days, about four meals. Is that too much? I do no one paid no attension to me, so the Government Coast Survey, so I fest slipped up the back stairs, suppose he's out there charting the stairs for friend Mahilin. I hadn't no more than got into the upstairs hall. Cleo, "and where are they? I never though, before i heard, somewhere is heard of them before."

They are islands," answered Hops, the front of the house, the worst hui
"They are islands," answered Hops, expolant, green corn on cob, mashed not cut breakfast; just a small lunch and cold ones are powerful stimulation. Interpretable the nervous system, which is a point to be avoided.

To-day's menu—Glass water, hot or cold, before breakfast; sliced peaches and cream, corn muffins, coffee or list the proper amount of bread to eat? One 5-cent loaf of rye, graham or pumpernickle does me two days, about Dinner—Cream of potato soup, baked not cut breakfast, just a small lunch agreement. emplant, green corn on cob, mashed not est breakfast, just a small lunch pointees, hearts of lettuce with mayconnaise.

not est breakfast, just a small lunch and greed support, yet I do not seem to lose weight. I walk at least three miles a day and do all my own work